



Pan-Seared Mahimahi With Tropical Salsa



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



159 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 jalapeno minced seeded
- ☐ 1 kiwifruit peeled chopped
- ☐ 16 ounce mahimahi white firm
- ☐ 1 cup papaya fresh diced peeled ()
- ☐ 0.3 teaspoon pepper
- ☐ 0.7 cup pineapple fresh chopped
- ☐ 2 tablespoons pineapple juice fresh

- ☐ 3 tablespoons onion red finely chopped
- ☐ 0.3 teaspoon salt

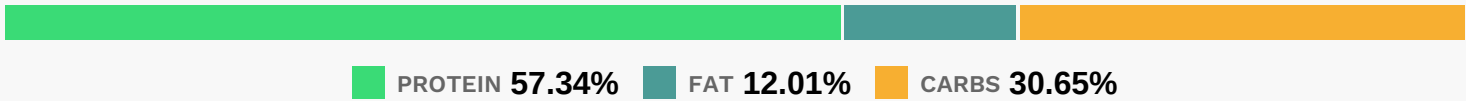
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 7 ingredients in a medium bowl; toss gently. Cover and chill.
- ☐ Sprinkle fish with salt and pepper.
- ☐ Heat a large nonstick skillet over high heat until hot. Coat fish with cooking spray; add fish to skillet. Cook fish 1 minute on each side or just until lightly browned. Reduce heat to medium, and cook, uncovered, 7 minutes or until fish flakes easily when tested with a fork.
- ☐ Place fish on individual serving plates, and spoon salsa over fish.

Nutrition Facts



Properties

Glycemic Index:84.77, Glycemic Load:5.73, Inflammation Score:-6, Nutrition Score:16.756956763889%

Flavonoids

Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg

Nutrients (% of daily need)

Calories: 159.21kcal (7.96%), Fat: 2.19g (3.36%), Saturated Fat: 0.71g (4.43%), Carbohydrates: 12.55g (4.18%), Net Carbohydrates: 10.61g (3.86%), Sugar: 8.7g (9.67%), Cholesterol: 56.7mg (18.9%), Sodium: 209.19mg (9.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.48g (46.97%), Vitamin C: 56.96mg (69.05%), Selenium: 47.75µg (68.22%), Vitamin B12: 1.79µg (29.86%), Vitamin B3: 4.84mg (24.22%), Vitamin D: 3.52µg (23.44%), Phosphorus: 210.19mg (21.02%), Manganese: 0.4mg (20.06%), Potassium: 513.3mg (14.67%), Folate: 54.9µg (13.72%), Vitamin B6:

0.27mg (13.68%), Vitamin K: 13.38µg (12.75%), Magnesium: 47.35mg (11.84%), Copper: 0.17mg (8.67%), Vitamin A: 420.68IU (8.41%), Fiber: 1.94g (7.76%), Vitamin B5: 0.75mg (7.47%), Vitamin E: 0.99mg (6.63%), Vitamin B1: 0.09mg (6.13%), Vitamin B2: 0.1mg (6%), Iron: 0.92mg (5.12%), Calcium: 33.78mg (3.38%), Zinc: 0.5mg (3.31%)